

## TODAY'S MESSAGE, AUGUST 31, 2025

### Series: God's Answer To Every Need

#### "How To Get Over A Hurt"

(Matthew 6:12)

**Brian Boone, Lead Pastor**

"This, then, is how you should pray:  
'Our Father in heaven, hallowed be your name,  
    your kingdom come,  
your will be done on earth as it is in heaven.  
Give us today our daily bread.

    Forgive us our debts,  
as we also have forgiven our debtors.'"  
(Matthew 6:9-12)

#### ***The Pardon of God***

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins." (Matthew 6:14-15, NLT)

#### **Why Forgive?**

1.\_\_\_\_\_

Be gentle and ready to forgive; never hold grudges. Remember, the Lord forgave you, so you must forgive others. (Colossians 3:13, TLB)

2.\_\_\_\_\_

"To worry yourself to death with resentment would be a foolish, senseless thing to do." (Job 5:2, GNB)

"You are only hurting yourself with your anger!" (Job 18:4, GNB)

3.\_\_\_\_\_

"When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins, too."

(Mark 11:25, TLB)

## **How To Get Over A Hurt**

1.\_\_\_\_\_

Don't take it on yourself to repay a wrong. Trust the Lord and he will make it right. (Proverbs 20:22, GNB)

2.\_\_\_\_\_

If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry – get over it quickly; for when you are angry you give a mighty foothold to the devil. (Ephesians 4:26, TLB)

"...go at once to make peace with your brother." (Matthew 5:24, GNB)

3.\_\_\_\_\_

Forgive each other as readily as God forgave you in Christ.

(Ephesians 4:32, JB)

4.\_\_\_\_\_

"Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you... you will have a great reward."

(Luke 6:27-28, 35, GNB)

***I can do everything God asks me to  
with the help of Christ  
who gives me the strength and power.***  
(Philippians 4:13, TLB)

## **My response to today's message**

*Information without application falls short of God's best for us. He wants us to apply what we learn so that we will change and grow, becoming more like Christ. The following questions are for personal and group study, with these goals in mind.*

**1)** Read and pray Matthew 6:9-13, focusing on *The Pardon of God* – “Forgive us our debts, as we also have forgiven our debtors.” (v. 12)

**2)** Share an experience when it was hard to forgive. Why is it so hard to forgive others?

**3)** Read Matthew 6:14-15, Mark 11:25, and Colossians 3:13. What is the connection between God's forgiveness of our sins and our forgiveness of others?

**4)** Knowing the close connection between our forgiven-ness and the way we forgive others, why might Matthew 6:12 of The Lord's Prayer be a dangerous prayer for us to pray?

**5)** Review the reasons why Christians are to forgive. Why are these reasons so compelling and convincing?

**6)** Review and apply how to get over a hurt. Which of the steps are the easiest/most difficult for you to take right now? Share how someone can pray for you to have courage to follow these steps of freedom and forgiveness.

**7)** How does forgiving others benefit the forgiver? Describe how you felt when you finally forgave someone.

**8)** Spend some time in prayer, asking God to enable you to forgive others, claiming His promise from Philippians 4:13.

*Pray with and for one another in your small group, focusing on how you can implement “Prayer—Care—Share” this week. Who is your One? Pray that we will strive and thrive to know Christ and make Him known.*

**What is the main thing that God has impressed upon you today?**

**What are you going to do about it?**

**Remember: The smallest obedient act is better than the greatest intention.**

**Would you like to experience and enjoy peace with God and share His peace with others? Go to [peacewithgod.net](http://peacewithgod.net) to learn more.**

## **The Process of Forgiveness**

(from Daily in Christ, Neil and Joanne Anderson, Harvest House Publishers, 1993)

### **12 steps to help us walk through the process of forgiving others:**

1. Ask the Lord to reveal the names of the persons who offended you and the specific wrongs you suffered.
2. Face the hurt and the hate. If you are going to forgive them from your heart, you must let God search the depths of your heart.
3. Acknowledge the significance of the cross. It is the cross of Christ that makes forgiveness legally and morally right.
4. Decide that you will not retaliate by using the information about the offender's sin against them. (Luke 6:27-34)
5. Decide to forgive. Forgiveness is the conscious choice to let the other person off the hook and free yourself from the past.
6. Take your list of names to God and pray the following: “I forgive (name) for (specifically identify every remembered pain).”
7. Destroy the list. You are now free. Do not tell the offenders what you have done. Your forgiveness is between you and God unless the offenders have asked you for forgiveness.
8. Do not expect that your decision to forgive will result in major changes in the other persons. Instead, pray for them. (Matthew 5:44)
9. Try to understand the people you have forgiven. They are victims also.
10. Freedom is a result of forgiveness in you. In time you will be able to think about the people who offended you without feeling hurt or anger.
11. Thank God for the lessons you have learned and the maturity you have gained.
12. When appropriate, accept your part of the blame for the offenses you suffered. Confess your failure to God and to others (1 John 1:9) and realize that if someone has something against you, you must go to that person. (Matthew 5:23-26)

*Lord, teach me how to love unconditionally and forgive quickly those who hate me, curse me, or mistreat me.*

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Primary resources: *The Prayer of Jesus*, Ken Hemphill. *Praying the Lord's Prayer for Spiritual Breakthrough*, Elmer L. Towns. *The Great House of God*, Max Lucado. *The Encouraging Word*, Rick Warren. Matthew Commentaries by D.A. Carson, John MacArthur, John Stott, Warren Wiersbe. *The Lord's Prayer*, Philip Keller. *Praying Jesus' Way*, B.J. Dodd. *When You Pray*, P.G. Ryken. *The Prayer That God Answers*, Michael Youseff.

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